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Board games

thenewhammag

issue 348 // 26 August – 8 September 2016 // Every fortnight

Music under the stars

Thousands enjoy festival for free (p12)

Look out for the next issue from **9 September 2016.**

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Newham London

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News

Students are up to the test

More than 1,200 Newham young people have received their A level results and pass rates this summer show the borough is doing better than the average score across England for the first time ever.

The number who took A levels in Newham was up by 300 on the previous year, with 54 per cent of students achieving A*, A and B grades, which is higher than the England average of 52.8 per cent.

More than 79 per cent of the borough's A level cohort achieved A* to C grades compared to the England average of 77 per cent. Newham's overall A* to E pass rate of 98.6 per cent compared to the England average of 98.1 per cent.

Councillor Terry Paul, mayoral adviser for skills and adult learning, said: "Our students and teaching staff should be proud. Newham's results are above the England average and show how well our learning institutions are supporting young people to succeed."

Councillor Paul visited Newham Collegiate Sixth Form Centre in East Ham where 96 per cent of students achieved A* to C grades and 82 per cent received offers from Russell Group universities.

Students at the London Academy of Excellence in Stratford achieved 97 per cent A* to C grades and more than 100 students secured Russell Group university places. Brampton Manor Academy students in East Ham achieved 93 per cent A* to C grades.

Students at St Angela's Ursuline School Sixth Form in Forest Gate achieved 75 per cent A* to C grades; Stratford's Chobham Academy students achieved 74 per cent; Forest Gate's St Bonaventure's School Sixth Form students achieved 73 per cent and Newham Sixth Form College students in Plaistow achieved 62 per cent.

More than 1,300 Newham youngsters also received their AS level results. Students at the London Academy of Excellence, St Bonaventure's School Sixth Form and Newham Collegiate Sixth Form Centre achieved above the England average for all grades.

Councillor Paul added: "The fact that so many of our young people have received offers from Russell Group universities means that they can compete with the best in the country. I wish them every success in their future endeavours."

Cllr Paul at Newham Collegiate Sixth Form Centre

Newham doing better than national average

News

Award boost for young apprentice

Newham Council apprentice Charlie Dobroch is in the running for a London-wide youth employment award.

Charlie, 18, is a finalist in the 2016 London Borough Apprenticeship Awards in the category of best contribution by a new apprentice. Winners will be announced on 16 September.

Charlie completed a business administration placement as part of the council's Youth Employment Scheme. He is now a candidate administrator with the council's employment service Workplace.

Councillor Terry Paul, mayoral adviser for skills and adult learning, said: "Many young people find it difficult to get that first job. Our successful Youth Employment Scheme has seen almost 500 young people undertake the programme and it is recognised as a model of best practice. Charlie's nomination is well deserved and demonstrates what top talent our scheme creates."

The scheme offers two-year contracts to young people aged 16 to 18 across a range of council services. For information visit **www.newham.gov.uk/yes**

Charlie and Cllr Paul

Cllr Furness, centre, welcomes the hub

Hub to help treat substance addiction

The charity commissioned by Newham Council to deliver an integrated drug and alcohol treatment service to residents has opened a third support centre in the borough.

Change, Grow, Live (CGL) offers treatment and support to vulnerable people who have faced hardships like abuse, homelessness and substance addiction. Councillor Clive Furness, mayoral adviser for adults and health, was on hand to launch the latest hub in Romford Road, Manor Park, which will offer free, confidential support. It also has a community café and will provide training and employment opportunities for service users.

Councillor Furness said: "Misuse of drugs or alcohol can have a devastating impact on individuals and families. We are delighted to be able to commission this latest forward-thinking service hub."

Other centres are in Stratford and Canning Town. For more information visit **www.cgl.org.uk** or call **0800 652 3879.**

500 young apprentices supported by Council

...in brief

Residents get street party started

Councillors and residents enjoy the fun

Around 130 residents in Plaistow's Kingsland Road got together to turn their street into a party and play zone that was enjoyed by residents of all ages.

Plaistow councillors Forhad Hussain, Aleen Alarice, and Neil Wilson attended the festivities organised by resident Amie Jallow, supported by Plaistow's community neighbourhood team and a grant from Newham Council's Let's Get the Party Started (LGTPS) fund.

Activities included face-painting, a bouncy castle, food, music and street games including football and mini-archery. Councillor Hussain, Cabinet member for crime and anti-social behaviour and deputy for building communities, said: "The party was a big success and the residents did a great job in getting people out to have fun. We support those who want to bring the community together."

Residents wanting to apply for LGTPS funding should do so at least eight weeks ahead of their event. For more information go to **www.newham.gov.uk/party**

Brakes put on car speedsters

The streets of Beckton have been quieter since Newham Council banned so-called 'boy racers'.

In December councillors agreed a Public Spaces Protection Order (PSPO) to ban drivers from assembling in Beckton's retail parks and racing on surrounding streets. Since then 200 warning notices have been issued and four £100 fixed penalty notices issued to drivers found loitering or racing. Organisers of an annual car meet also changed their plans.

Councillor Forhad Hussain, Cabinet member for crime and anti-social behaviour, said: "We've been able to provide welcome relief from the noise and anti-social behaviour associated with these gatherings."

Meeting to discuss health

Residents are invited to the NHS Newham Clinical Commissioning Group's (CCG) annual public meeting on Wednesday 7 September to find out how the CCG are improving healthcare and their plans for the future.

The CCG is responsible for planning and buying healthcare services for residents, working with patients. The meeting takes place from 6.30pm to 8.30pm at The Crystal, 1 Siemens Brothers Way, Royal Victoria Dock, E16.

Tips for positive parents

Newham Council is hosting free sessions on Monday afternoons for parents to pick up tips and share ideas and experiences on how to support the development of teenagers.

The Teen Triple P Positive Parenting Programme takes place at Custom House Library in Prince Regent Lane from 1pm to 3pm on September 12, 19, and 26 and October 3, 10, and 31. Call 020 3373 1783 to book a place.

Enjoy a festival of art

Art that includes a ship made of rubbish, a tower block sculpture and a mirror of water will be on display at the North Woolwich Festival in Pier Parade from 2pm to 8pm on 17 September.

Seven artists, funded by Newham Council and the Arts Council, have worked with residents over the summer as part of the Tidal Twirlings project, which has also included singing, dancing, drawing, poetry and kite-making. Visit **www.tidaltwirlings.info** for details.

200 warnings issued to boy racers

Mayor's view

Look smart for first day at school

Summer is almost at an end and the start of the new school term is almost upon us. Going to primary school for the first time or moving up to secondary school is a huge milestone for children and parents alike. A photo of your young one sporting pristine uniform on their first day goes into pretty much every family's album.

The amount of new things a child needs for school can seem a bit overwhelming, so this year we offered a helping hand to some of you who applied online for your child's school place starting next month.

> "The draw was highly successful in helping to boost the number of online applications for school places."

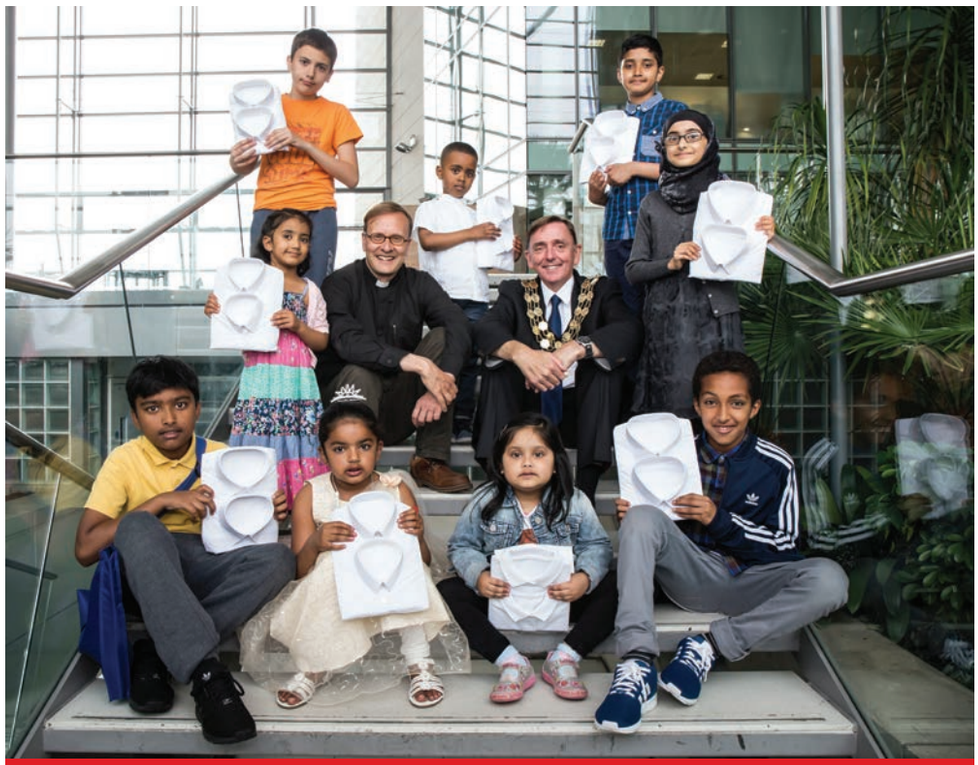
All families who did it that way were entered automatically into a draw to receive a package consisting of either four sets of school uniform trousers or skirts, shirts and polo shirts, or a blazer. Nine were then selected at random to receive the items. Five of those are off to reception classes in primary schools across the borough and the other four are entering Year 7 at secondary school.

The draw was highly successful in helping to boost the number of online applications for school places, which rose from 49% of all applications last year to 62.45% this year.

It also improved the process for parents because those who applied online received a confirmation email as soon as they had successfully submitted their application.

They were also able to log in and change their school preferences any time up to the deadline day. They were also informed by email on National Offer Day confirming where their child was placed.

The first day at school or moving to a new school can be tough, but I hope everyone starting on that journey next month enjoys the experience.



With Cllr Quintin Peppiatt, Cabinet member for children and young people, and the recipients

Investment is streets ahead

In February, as part of the commitments we made to residents in the New Deal for Newham, we promised to Keep Newham Moving by investing £100million over the next decade on roads, footpaths and streetlights, to ensure travelling around the borough is a pleasure rather than a chore.

We made that promise after you told us in our Budget Challenge consultation that you wanted us to invest in infrastructure like streets. Now as you look around the borough, you can see that lights are being replaced, paving stones are being re-laid and roads are being resurfaced as we move forward with our plans. Once we promise something, we stick to it.

"The £100million investment in our roads is our biggest ever ."

New street lighting and smoother pavements will make life easier for residents

Since March, 2,065 metres of pavements have been re-laid, 1,035 metres of roads have been resurfaced, 2,000 streetlights have been replaced with long-lasting energy-efficient LED lamps and 850 new street light columns have been installed.

Better, brighter lighting alongside smoother roads and pavements all make a big difference whether you are a mother pushing a pram, or a cyclist or a driver making your way to work or the shops.

The £100million investment in our roads is our biggest ever and one of the largest local highway repairs commitments made by any council in London. By the end of 2017/18, all of the borough's 19,000 street lights will be using LEDs, 9,600 lighting columns will have been replaced and by 2025/26 almost 200km of roads will have been resurfaced.

We will continue to make headway in making life more pleasant for residents moving around the borough and next we will be introducing more residential parking zones, establishing more car club bays and upgrading the technology used for the enforcement of yellow box junctions.

Best start in life is guaranteed

Last year, after consultation with residents, it was agreed that a new network of children's centres would operate across the borough. The first of those centres at the heart of our eight community neighbourhood areas opened in April in Beckton & Royal Docks. The latest opened this month in Plaistow.

London Borough of Newham
COMMUNITY NEIGHBOURHOODS

Each centre delivers a universal local offer called the Best Start in Life Guarantee, to all families. From pregnancy and family health to early learning and childcare, parents are supported at every stage of a child's development. It also covers work and training.

The guarantee ensures all Newham parents have access to:

- **15 hours of free eligible childcare, increasing to 30 hours when national proposals to double the offer are rolled out**
- **stay and play sessions every week**
- **programmes, workshops and sessions offering advice and guidance to improve parenting skills**
- **regular employment advice sessions and help to get into work**
- **a range of family health and development sessions, including ante-natal support, the transition to parenthood, the early weeks of life, perinatal wellbeing, breastfeeding initiation; healthy weight and nutrition; managing minor ailments and reducing accidents; and supporting speech and language development.**

Each centre also has its own individual offers. For example, the St Stephen's Children's Centre in East Ham has its own midwifery practice and an outdoor space with allotment, sandpit and climbing area. Rebecca Cheetham Children's Centre in Stratford has a separate area for sensory play and parents and carers can also loan toys free of charge. Edith Kerrison Children's Centre in Custom House offers free lessons to help parents learn how to use a sewing machine and needlework skills. Some have gone on to college and others have started their own business from home. All the centres are supported by a range of outreach venues including childcare settings, schools, libraries and community centres.

Mayor Sir Robin Wales said: "We want to ensure there is a consistent offer of high quality services in every one of our eight community neighbourhoods. Investment in the early years is critical to securing positive outcomes later in life.

"We are committed to maintaining a free, universal, local offer to support every family with young children to give their child the best start in life. We are being flexible about how and where services are delivered. The future cannot be about spending money on expensive buildings, it has to be about good quality, joined up services that make a difference for children and families."

Beckton & Royal Docks CN (image 2, 5, 7 & 8)
Beckton & Royal Docks Children's Centre, Ellen Wilkinson Primary School, E6. Tel: 020 7474 0645

Green Street CN (image 1 & 4)
St Stephen's Children's Centre, Whitfield Road, E6. Tel: 020 8586 0147

Custom House & Canning Town CN
Edith Kerrison Children's Centre, Edith Kerrison Nursery School, Sophia Road, E16. Tel: 020 7474 2761

Manor Park CN (image 10)
Manor Park Community Children's Centre, Sheringham Nursery School, E12. Tel: 020 8553 2479

East Ham CN
Altmore Children's Centre, Altmore Infants School, East Ham, E6. Tel: 020 8552 6604

Plaistow CN
Plaistow Children's Centre, Plaistow Primary School, Junction Road, E13. Tel: 020 8548 5620

Forest Gate CN
Kay Rowe Children's Centre, Osborne Road, E7. Tel: 020 8534 4403

Stratford & West Ham CN (image 3, 6 & 9)
Rebecca Cheetham Children's Centre, Rebecca Cheetham Nursery Education Centre, E15. Tel: 020 8534 3136

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2

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Newham London

Revised Bank Holiday refuse and recycling collection days

Collection day	Revised collection day
Monday 29 August	Tuesday 30 August
Tuesday 30 August	Wednesday 31 August
Wednesday 31 August	Thursday 1 September
Thursday 1 September	Friday 2 September
Friday 2 September	Saturday 3 September

To check recycling collection dates for your area please visit **www.newham.gov.uk/myneighbourhood** and enter your postcode into the search. Please note that most recycling collections are fortnightly.

recycle

visit **www.newham.gov.uk/recycling**

Newham London

Let your property.

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If you have properties available or would like to find out more about our Private Rented Sector Scheme, contact the Housing Supply Team now.

Telephone: 020 3373 1149 Email: PRSsupply@newham.gov.uk
www.newham.gov.uk/privatelandlords

*Quote NMPRS

Complete our million miles challenge **together**

Has watching the Olympic Games in Rio inspired you to take up running, swimming or cycling, or even a more leisurely pursuit such as gardening or dancing? If so, then join us for 100 days of physical activity in Newham's Million Miles Together Challenge beginning on 1 October.

Physical activity can contribute to a healthier life. It could be walking to work or pushing a buggy around the park. Whatever you do or whatever your motivation, we ask all of Newham to get together and register your activity online with the aim of reaching a million miles worth of activity in 100 days.

"This is not just about a healthier lifestyle, it is also about doing things together."

Sign up as part of a team or on your own, with family or friends, with classmates or work colleagues. However you do it, you will have access to a dedicated online portal with your own page to add your physical activity and set your targets, be that digging your garden, taking a yoga class or waking your dog.

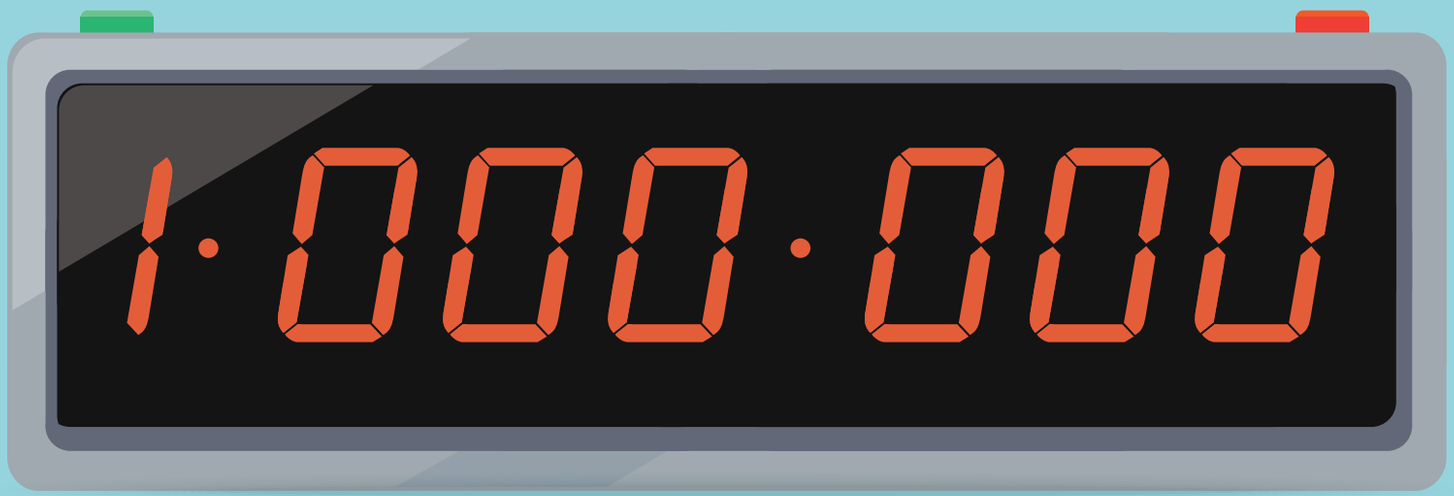
When we announced the challenge at the Mayor's Newham Show in July more than 2,100 residents pre-registered to take part. Just under 1,500 people completed the Million Miles Pedometer Challenge during the weekend of the show. They registered on average 3,248 steps per person, making a total of 4,865,504 steps equating to 2,433 miles.

Our challenge calls on individuals and groups across our community neighbourhood areas to carry out any kind of physical activity you like whatever your ability or level of fitness.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "Every activity, sport or pastime that we all perform will be converted into miles and added to the total. This is not just about a healthier lifestyle, it is also about doing things together."

Councillors and the Mayor launch the challenge

You can begin registering from 3 September at **www.millionmilestogether.org/newham** and the challenge starts on 1 October.



Around 40,000 residents enjoyed music under the stars at Newham Council's annual four nights of concerts in East Ham's Central Park. A mixed bag of weather failed to dampen the spirits of those who danced and sang along to a star-studded line-up. Mayor Sir Robin Wales said: "As long as I am Mayor we'll keep putting on this great feast of music that brings people together for free." The Thursday night opening show saw rock, ska and reggae classics from Junior Marvin's Wailers, the Lee Thompson Orchestra and Sandra Cross. Friday's performance show had Asian influences with Jaz Dhami, Imram Khan, Zack Knight, Mumzy Stranger, Hemina Shah and the Angel Dancers. ABBA tribute band Bjorn Again and soul legends Alexander O'Neal and Heatwave had people dancing on Saturday. A spectacular flag-waving and fireworks finale rounded off Under the Stars on Sunday with the Royal Philharmonic Orchestra supported by soprano Deborah Norman, tenor John Pierce and ballet dancers from the London Ballerinas. For video highlights visit **www.newham.gov.uk/utsfilm**

Under the Stars in pictures

1 Excited together. Music lovers waiting for the entertainment to start. **2** He's the reggae man. Junior Marvin shows what he's made of. **3** Giving it his all. Jaz Dhami thrilled the crowds. **4** Under stars and lights. Music lovers got into the spirit. **5** View from the top. A young attendee gets into the swing. **6** Rule Britannia. Youngsters ready for fun. **7** What a team. Young musicians and helpers from the Every Child a Musician programme. **8** Knowing you. Bjorn Again brought you ABBA. **9** Meeting the crowds. Mayor Sir Robin mingling. **10** Give us a wave. The younger generation dancing through the night. **11** It's all about the grace. Ballet dancers captivated the audience. **12** All smiles. Young lapped up the atmosphere. **13** Fireworks brought the entertainment to a spectacular end.

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Don't waste your rubbish

Everyone knows that recycling our rubbish is good for the environment and helps preserve natural resources. That is why Newham Council, as part of our New Deal for Newham to keep the borough clean, is encouraging residents to do their bit. The Kerns-Mares family in Forest Gate are passionate about recycling so we visited them to find out more.

The family already has an established routine of putting items such as newspapers, tins, cans, plastic bottles, magazines, cereal boxes, junk mail and birthday cards into a reusable bag to carry their recycling material.

When it gets full they empty it into a shared recycling bin outside their flat. Mother Maria said: "Sometimes I do it with the kids. They really enjoy it.

"I recycle because I think that it is really important. It saves energy and natural resources. We can make new things from old things and not have to cut down as many trees or waste more energy.

"I think we need to teach people how to look after our planet and preserve it for the next generation. We teach our children about recycling because they are the next generation and we think it is important."

Maria also believes recycling is teaching her children about caring for the environment and the fact that it creates jobs for people who sort the material.

Request a free recycling bag*

You too can have an orange recycling bag to carry your reusable rubbish. Just send your name and address to **Newham.mag@newham.gov.uk** or for more information, visit **www.newham.gov.uk/recycling**

* Limited quantity available. One per household.

The Kerns-Mares family

Cllrs Ken Clark and Ann Easter with Robin Gould

Making all the right moves

Chess is a great way for young people to build their confidence, concentration and problem-solving skills. During the summer months there have been many opportunities for them to get on board.

Newham Council has partnered with the charity Chess in Schools and Communities to give every primary school child the chance to learn how to play, and also to introduce the game to libraries and community spaces.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "It is a fun activity that can be played and enjoyed by all children. We want to use it to help develop their focus and discipline, which they can then translate into their school work. It's also something that can have a positive impact on older people, improving their mental agility and getting them out of the house."

Five days of intensive chess coaching as part of Newham's Summer School programme finished earlier this month at the Beckton Globe. Sixteen players were coached by CSC tutor Alan Bright. He said: "We had a great time." The course ended in a tournament won by nine-year old Joshua John from East Ham.

At the two-day Mayor's Newham Show in East Ham's Central Park, there was a chess tent that attracted many young visitors. There was also a Simultaneous Chess Exhibition by Shahjahon Saidmurodov, 10, who played five opponents at the same time including Mayor Sir Robin Wales and Councillor Clark.

Sir Robin said: "I want to see children playing chess in our schools, in our libraries and in our parks. Our Every Child programme already includes music, reading, sports, going to the theatre and chess. Every child in Newham matters and we are determined that they should have the same chances as youngsters in wealthier parts of the country."

Joshua John, right

Shahjahon Saidmurodov (centre)

This summer also saw the inaugural one-day Newham Community Chess Tournament which attracted more than 160 players of all ages and abilities to the Old Town Hall in Stratford, with Newham residents playing for free. Among the entrants were children totally new to tournament-level chess as well as three International Masters. Councillor Clark presented the prizes after six gruelling rounds of play.

Close to 100 children from across the borough also came to the Old Town Hall in Stratford to pit themselves against each other in the Primary School Chess Tournament.

The thriving network of chess clubs at libraries are also proving popular with players of all ages. Staff at East Ham Library organised a short ceremony to thank local resident Robin Gould who donated ten chess sets for its Chess Club.

Around 45 children attend sessions on Mondays and Thursdays from 5.30pm to 7.30pm, though they are open to all. Club leader James Robinson said: “The donation means more children can play. They learn discipline, they think quicker and learn to solve their way through different problems on the chess board.”

To find out about the chess clubs in your community neighbourhood download the free What’s On in Newham app by visiting **www.newham.gov.uk/communityevents** For other information visit **www.chessinschools.co.uk** or **www.newham.gov.uk/everychild**

London Borough of Newham
COMMUNITY NEIGHBOURHOODS

What's on in Newham

Download the free app

Available from Apple App Store and Android Google Play Store

Or visit **www.newham.gov.uk/communityevents**

Newham London

Newham London

NEWHAM BEST FOR ALL INCLUSION ALLIANCE

One in six of Newham's children and young people has an identified special educational need.

We want to achieve the **Best for All** with a new five-year strategy for special educational needs and disabilities and inclusion in Newham.

You have until Friday 16 September to have your say on the strategy at:
www.newham.gov.uk/BestforAll

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NHS Newham Clinical Commissioning Group

Come to the

Newham Clinical Commissioning Group Annual Public Meeting

Wednesday 7 September 2016
6.30 - 8.30pm

The Crystal 1 Siemens Brothers Way, Royal Victoria Dock, London E16 1GB

Come along to our annual public meeting to:

- find out about **how we are improving healthcare** in Newham
- find out about **our plans for the future**
- find out **how to get involved** with your local services

All welcome

Light refreshments will be provided.
Please email enquiries@newhamccg.nhs.uk for further information

www.newhamccg.nhs.uk

See behind the scenes at Stadium

Newham Council invested a £40 million repayable loan to become part-owners of the London Stadium in Stratford so that residents could enjoy the benefits of having a world class arena in the borough. If you want to see what goes on behind the scenes there, here's your opportunity.

A new tour of the former Olympic Stadium will allow you to experience what it's like as a West Ham United player walking on to the pitch or what it was like being an athlete at the 2012 Games.

Areas like the changing rooms are brought to life via a handset with video and audio. You can learn about the club's history, walk up the players' tunnel and sit in the manager's dug out.

You can also show your running abilities on the warm-up track beneath the main stand used by athletes Usain Bolt and Jessica Ennis-Hill. You can learn about the story of the Paralympic Games.

The tour reveals how the stadium was built and how it has been transformed into a multi-purpose venue. 'Experience makers' will be on hand to answer questions.

Senior Tour Manager, Daniel Hurst, said: "We want Newham residents to see what is on their doorstep. The tour caters for everyone, be they football or athletics fans or those just wanting to know more about the stadium."

The tour lasts 90 minutes. At the end you will receive a personalised certificate. For information visit **www.london-stadium.com**

Newham residents can claim a ten per cent discount on general ticket prices until December. Use promotion code BOROUGH1 during the online payment process. Photo ID and proof of address will be required. Group bookings available.

General Ticket Prices (with Newham discount)
Online: adult, £15.30; child (5-16yrs), £9; concession £12.60; family (two adults, two children), £43.20.
Walk Up: adult, £17.10; child (5-16yrs), £9.90; concession £14; family (two adults, two children), £50.40.

Opening times (non-event days):
March to October: Mon-Fri, open 10am, last entry 3.30pm; Sat, open 9.30am, last entry 4.30pm; Sun, open 10am, last entry 3.30pm
October to March: Mon-Fri, open 10am, last entry 3pm; Sat, open 9.30am, last entry 4pm; Sun, open 10am, last entry 3pm

Newham London

You can recycle all these items in Newham

Keep Newham Clean

www.newham.gov.uk/recycling

Have your say on Adult Social Care in Newham

If you are a customer of care or health services in Newham, or if you care for someone who is, then we would like to hear from you.

Attend one of our Co-Production Induction Sessions

We believe that the best way to improve care and health services is to involve the people that use them. We call this approach Co-Production.

We are hosting a workshop for customers and carers – please come along and get involved:

Thursday 29 September, 11-2pm
Community Resource Centre,
200 Chargeable Lane,
London E13 8DW

Wednesday 14 December, 11-2pm
Jack Cornwall Community Centre,
Manor Park E12 5NN

Light refreshments will be provided.

If you would like to book a place or for further information please email Abdul.Malik2@newham.gov.uk or call 020 3373 7622.

Newham London

North Woolwich Art

FESTIVAL

Saturday 17 September 2-8PM

music, food and art,

all free

Tidal Twirlings is a summer of art in North Woolwich. This public project is supported by Newham Council and Arts Council England. For more information see www.tidaltwirlings.info @tidaltwirlings

Newham London

BECKTON & ROYAL DOCKS

LOTTERY FUNDED

Supported using public funding by
ARTS COUNCIL ENGLAND

Sign-up for chance to see Stadium events for free

The London Stadium has in recent weeks echoed to the sound of cheers for athletes Usain Bolt and Mo Farah, rock band AC/DC and the stars of West Ham United. Groups of Newham residents saw those events for free. If you want that opportunity in future, you need to tell us that you're interested.

One of the reasons Newham Council invested a £40 million repayable loan to become part-owners of the former Olympic Stadium was so that local people have chances to enjoy events and activities there for free.

Mayor Sir Robin Wales said: "Not only does that make the stadium work for our community, but it fulfils the legacy of the 2012 Olympic Games and Paralympic Games. We have already secured thousands of free tickets to attend the biggest events and there will be many more opportunities in future."

If you want to be in with a chance of seeing events as part of the Mayor's Free Ticket Giveaway, you need to visit **www.newham.gov.uk/tickets** and complete an online form to register your interest in receiving tickets.

You will be asked to indicate the categories of events at the stadium in Queen Elizabeth Olympic Park for which you wish to receive notifications. When tickets for these events become available, you will be notified by email and asked to submit your details should you wish to be entered into the ballot for tickets, which will be drawn at random.

Applications are open to Newham residents only. You have to meet certain eligibility criteria and agree to the terms and conditions of entry. All are explained on the website. Your details will be verified against details held by the council. Applications containing details that cannot be verified will be rejected.

Register your interest in seeing events for free. Visit www.newham.gov.uk/tickets

Pupils show refugees are welcome here

Prize-winners and their certificates

Pupils aged five to 14 from schools across the borough took part in a writing competition designed to show that refugees are welcome in Newham.

The competition was run by Newham Teachers Association who asked children, depending on their age, to either design a badge welcoming refugees, or write a poem or a letter about the journey of a refugee or about life in a new country.

The entries were judged by Pauline Buchanan, regional officer of the National Union of Teachers (NUT), and John Newman from Newham Bookshop in Upton Park.

Book tokens were presented by Mr Newman and Christine Blower, the recently retired General Secretary of the NUT, to winners during a celebratory event at Essex Primary School in Forest Gate. Winning entries from pupils at Shaftesbury, Nelson, Essex and Little Ilford schools can be seen at **www.newhamteachers.org.uk**

Badge design walks away with contest

Tyra and her design

Young pupil Tyra Frimpong is walking on air after becoming one of 11 national winners from among 120,000 children who took part in a competition to design a badge encouraging youngsters to walk to school.

Tyra, who attends Curwen Primary School in Plaistow, is one of the overall winners of the Walk on Wednesday Badge Design for 2016/2017. She was chosen from 1,000 finalists from across the country.

The competition, which had the design theme of My Neighbourhood, was run by Living Streets, an organisation that promotes walking to school as a natural choice. Pupils who walk to school at least once a week are rewarded with a monthly badge, helping build healthy habits for a lifetime. More than 500,000 copies of Tyra's winning design will be created using recycled yogurt pots to be collected by pupils all over the country.

Cyclists saddle up to aid hospice

Newham councillors congratulated more than 50 members of the Shree Kutch Satsang Swaminarayan (SKSS) temple in Shaftesbury Road, Forest Gate, who raised £8,400 in a sponsored bike ride.

Councillors Harvinder Singh Virdee, Mukesh Patel, Hanif Abdulmuhit and Idris Ibrahim set the riders on their way as they rode 32 miles from the temple to Willesden in north west London.

The money raised by the group, aged from 14 to 65, is being donated to Haven House Children's Hospice in Woodford. The temple regularly holds charity fundraising events for local and international causes.

Haven House offers support to children with life-limiting and life-threatening conditions, and their families. Mike Palfreman, chief executive, said: "We congratulate the SKS Swaminarayan temple for raising a fantastic amount. It's inspiring to see members of our community giving up their time to support our children and families."

Councillors with some of the cyclists

MUSIC AND FUN UNDER THE FLYOVER

Sal Bashir

The popular bandstand will be back under the Canning Town flyover on 3 and 4 September as part of a star-studded festival of art and music.

The A13 Green Weekender is being run by the Brick Box arts organisation, which brings people together to share creative experiences in different environments.

Saturday 3 September from 2pm to 6pm begins with Twinkle, Twinkle, an afternoon for younger ones. It features games including hula hooping, skittles and ping pong, face painting and art workshops. From 6pm to 10pm it is Starry, Starry Night featuring East Ham's Asian Elvis tribute act Sal Bashir.

Sunday's activity from 2pm to 6pm is more chilled with entertainment for all ages. Try healthy activity like tai chi or zumba, get creative in an art workshop or just kick back and enjoy mellow live sounds. For information visit **www.thebrickbox.co.uk**

Focusing on a break from caring

A group of 11 Newham carers have discovered their creative skills thanks to a photography course run by arts charity Create and funded by global law firm Reed Smith.

Create's professional photographer Adele Watts and volunteers from the firm hosted workshops for members of Newham Carers Network, who learned about photographic techniques as well as having some respite from the pressures of caring.

The workshops focused on urban and architectural images, which were made into collages for an exhibition that took place at the Broadgate Tower offices of Reed Smith.

A participant in the workshops

Create chief executive Nicky Goulder said: "With the funding from Reed Smith, we've been able to bring the joy and creativity of photography to the carers. It has given them some time away from the emotional and practical stresses of caring. They've also learned new skills and forged new relationships."

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

Gallery

Yasmin Hussain, 6

Raul Islam, 6

Hishaam Ahmad, 8

Muhammad Usman Farooq, 7

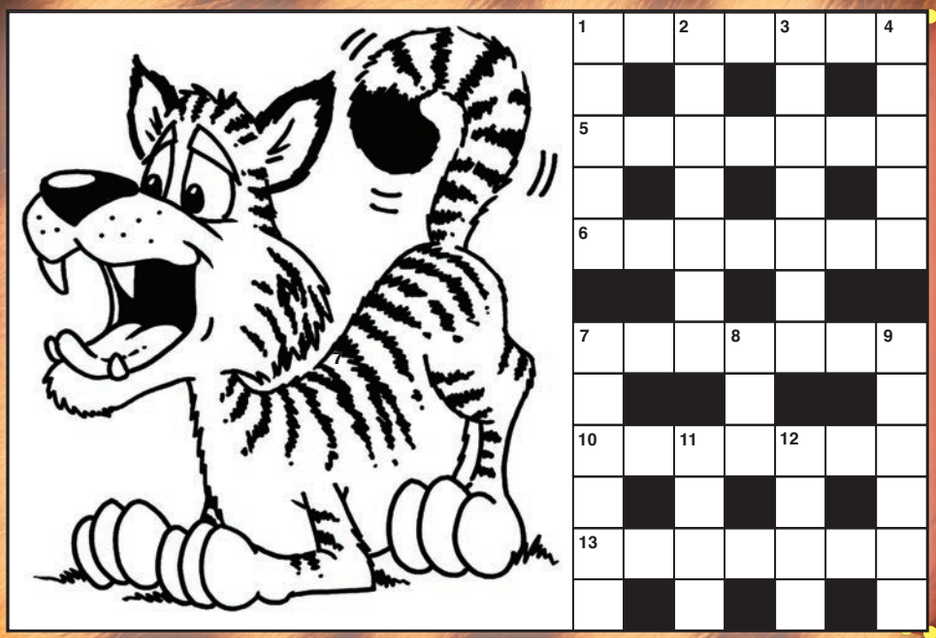
Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Colour-me-in Crossword



Across

1. Cars, lorries and bikes on the road (7)
5. Big ape (7)
6. High-flying fireworks (7)
7. Make happy and pleased (7)
10. Melodic (7)
13. Italian rice dish (7)

Down

1. Big cat with stripes (5)
2. Orange-yellow fruit resembling a small peach (7)
3. Starts to lose strength (7)
4. Group of pupils in a room (5)
7. Sixth planet from the sun (6)
8. Frozen water (3)
9. Colour of custard (6)
11. Where a bird lays its eggs (4)
12. Destiny (4)

Poem

Winner

Why I love living in Newham

Newham is a fantastic community
Where no matter what, we all stand in unity.
It's my home and there is nowhere I would rather be
When I tell you why, I'm sure you'll agree.
There is so much to do, I hope I have time
To tell you about my favourite pastimes!

First let's start with my local park
I play there all day, sometimes till it`s dark.
It has swings and a huge slide
And lots of places to run and hide.
I even play as part of a football team
And before I go home, I eat ice-cream!

Pick up a book at any of Newham's libraries
So you can read about dragons, wizards and fairies.

If you love the internet,
hop on to a computer
Where you can play games, quizzes or have an online tutor.
The librarian is helpful, she's like a friend
If you go, I'm sure there's a book she can recommend.

Even though I'm no Shakespeare,
You can see why I love living here!

Faria Karim, 9

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1. **Summer Market Games** – Queens Market, Green Street, Upton Park, Wednesday 31 August from 2pm to 5pm. For ages nine to 19, or 25 if you have a disability. Try various sports for free.
2. **Beckton Market** – support your local market and bag yourself some bargains from local independent retailers in Kingsford Way, E6, on 17 September. Stalls include home made bread and cakes, sauces and jewellery.
3. **Dock2Dock Challenge** – watch swimmers taking part in an open water 10k swim on Sunday 4 September in the Royal Victoria, Royal Albert and King George V docks. Racing starts from 9am.

BE A CREATIVE WRITER

Be guided by the masterpieces of contemporary and classic literature as you develop your own writing style.

Sessions take place at Beckton Globe Library in Kingsford Way, E6, on Wednesdays 1, 15, and 29 September from 6.30pm to 8pm.

For more information contact **020 3373 0853** or email **CN.BecktonRoyalDocks@newham.gov.uk**

TRY SOMETHING NEW... CELEBRATE NATIONAL PARALYMPIC DAY

Celebrate National Paralympic Day and the Liberty Festival on 3 September by visiting Queen Elizabeth Olympic Park where you can try para-sports and enjoy deaf and disability arts for free.

The event takes place from 1pm to 6pm on the South Park Lawn. Sport activities include boccia, cycling, goalball, wheelchair basketball and wheelchair tennis.

Cultural activities include music and dance, films, comedy, visual arts, street theatre and aerial performances.

Indicates free sessions

Libraries unless stated. Some sessions may change because of school holidays.

UNDER-FIVES

Toy Library
Introducing toddlers to borrowing toys. Thurs, 11-12pm, Beckton

Storytelling
Mon, 11-11.45am, Tues, 10.30-11.30am, Beckton; Tues, 10.30-11.30am, Thurs, 2-3pm, Plaistow; Sat, 11.30am-12pm, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am; Thurs, 10-10.30am, East Ham; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park; Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.30am, The Gate

Stay and Play
Support for parents and carers to develop their child through play. Tues, 9.30-11.30am, Jeyes C.C; Thurs, 1.30-3.30pm, Jack Cornwell C.C; Weds, 10am-12pm, Sat, 11am-1pm, Stratford

Jiggaree Session
Fri, 10-11am, Plaistow

Reading Together
Thurs, 2.30-3pm, Custom House

Rhyme Time
Mon, 2.45-3.30pm; Tues, 10.30–11.15am, North Woolwich; Thurs, 10-10.30am, East Ham

Bumps and Babies
Fri, 1.30-3.30pm, The Gate; Mon, 1-3pm, Beckton Globe

Early Talk
Singing with your child to support early communication and brain development. Tues, 9.30-11.30am, Plaistow

Active Tots
Games and activities. Thurs, 1-2pm, Stratford

Baby Club
For parents and carers of

babies under 18 months. Mon, 9.30-11.30am, Stratford

Story Time
Fun activities linked to popular children's stories. Tues, 10.30-11.30am, East Ham

Baby Bonding
Techniques to bond with your baby. Weds, 1-2pm, Stratford

YOUNG PEOPLE

Summer Reading Challenge Read six library books during the school holiday. Until 13 Sept. Visit www.newham.gov.uk/readingchallenge

Games Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more. Thurs, 4-6pm, Plaistow; Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Mon-Fri, 3.30-5.30pm, Green St

Young Readers Club (7-12yrs)
Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

East Ham Youth Zone
Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Froud Young Project (7-16yrs) Mon, 3.30-5.30pm, Jack Cornwell C.C

Arts and Craft Workshop (6-12yrs) Mon, 4.45-5.45pm, Beckton; Sat 2-3pm, Canning Town; Sat, 2.3pm, Custom House; Sat 1-2pm, Green St; Thurs, 6-7.30pm, Manor Park; Tues 4-5pm, Plaistow; Sat, 2-3pm, North Woolwich

Just Dance! (up to 12yrs)
Sat, 5.30-6.30pm, Green St

Family Fun Night
Arts, crafts, games and quizzes. Weds, 5.30-7.30pm, East Ham

East Ham IT Youth Zone
Support in using IT for homework and fun. Mon, 4-7pm, East Ham

Family Movie Club
Sat, 4-5.30pm, Green St (up to 12yrs); Fri, 5.30-7pm, Manor Park; Sat, from 2pm, Plaistow

Board Games Club (7-13yrs)
Tues, 4-5pm, Sun, 1.30-2.30pm, Stratford; Weds, 6-7.30pm, Manor Park; Sat, 11am-12noon, North Woolwich; Fri, 5.30pm-6.30pm, Beckton

Young People's Positive Activities (9-19yrs) Weds, Fri, 7-9pm, Harold Road Centre

Children's Chess Club
Club for 8 to 16 year olds. Thurs, 5-6pm, Custom House

Time-2-Craft (16yrs+)
Various handicrafts. Sat, 10am-12pm, Stratford

Homework Club
Free study support. Fri, 4-5.30pm, Beckton; Fri, 4-6pm, Canning Town; Fri, 4-5pm, East Ham; Sat 2-3.30pm, Manor Park; Mon, 3.30-4.30pm, North Woolwich; Mon, 3.30-5pm, Plaistow; Mon, 4-6pm, Sat 1-3pm, Stratford; Sat 10.30am-12.30pm, The Gate

Film Club (16yrs+)
Thurs, 1-3.30pm, North Woolwich; final Friday of month, 6-9pm, Stratford

Children's Movie Club (5yrs+) Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues, Sat, 4.30-6.30pm, Beckton

Elevated Aspirations
Call 07956 436743. The Gate. Cat walking/Photo Modelling, Mon, Weds, 2.30-5.30pm; Table Tennis, Mon, Tues 2.30-5.30pm; Dance, Tues, Thurs, 2.30-5.30pm; Singing, Thurs, Sat, 2.30-5.30pm; Performance Training, Fri, 2.30-5.30pm; Open Mic Session, second and final Fri of month, 6-7.45pm

East Ham Performing Arts
Fri, 6.30-7:30pm, East Ham

Crafy Challenges
Fri, 5.30-6.15pm, East Ham

ACTIVITIES AND SUPPORT

Afternoon Tea
Weds, 4-5.30pm, Canning Town

Chess Club
Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate; Thurs, 5-7pm, Custom House; Weds, 3.30-5pm, Plaistow

Coffee Mornings
Tues 11.30-1pm, Beckton; Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45-12pm, Canning Town; Tues, 11-12.30pm, Custom House; Weds, 31 Aug, 10.30-12pm, Green St

Do It Online (18yrs+)
Computer classes. Weds, 2-3.30pm, Beckton; Tues 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Weds, 10am-12pm, Plaistow; Tues, 2-3.30pm, North Woolwich; Thurs, 1.45-2.45pm, Custom House

Knit & Natter (16yrs+)
Fri, 10.45am-12pm. Canning Town; Weds, 10.30am-12pm, Beckton; Tues 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, East Ham; Fri 10am-12pm, Plaistow; Weds, 10.30am-12.30pm, Green St

ICT Surgery IT advice for all ages. Fri, 2-4pm, Canning Town

ICT Drop-in Session
Set up a My Newham profile and create an email account. Fri, 11-1pm, The Gate; Weds, 10.30am-12pm, Stratford

Deafroots Deaf Club
Quizzes and refreshments. New members £2, existing members £1. Contact angel@deafroots.org.uk or text 07985 242778. Mon, 1.30-3.30pm, Stratford

Life in the UK Classes
Support for people taking the life in the UK test. Call 0208 542 3904. Tues, 10am-12pm, Beckton; Weds, 12.30-2.30pm, Fri 10am-12pm, Plaistow; Fri, 12.30- 2.30pm, Green St; Weds, 10am-12pm, East Ham; Tues, 12-2pm, Stratford

ESOL for Beginners
For adult learners seeking to improve their English. Thurs, 9.30am-2pm, Katherine Road C.C; Tues, 9.30am-12pm, Fri, 9.30am-12.30pm, Jack Cornwell C.C; Tues, Fri, 1-3pm, Plaistow

Ballroom Dancing (18yrs+) Tues, 2-3pm, Beckton C.C; Thurs, 2.30-4pm, Field C.C

Citizens Advice Sessions
Sessions on money management. Mon, 11am-1pm, Manor Park

Introduction to Newham Online Course Sat, 11am-12.30pm, Manor Park

Basic Computer Skills Fri, 10.30am-12.30pm, Manor Park

My Newham Workshop
Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park

English Conversation Club Practise spoken English. Tues, 10.30-11.30am, Beckton; Mon 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm. Rabbits Rd Institute; Mon 11am-12pm, East Ham; Weds, 10.30am-11.30am, Beckton; Sat, 10am-12pm, Stratford; Mon, 10-11am, Plaistow

Stratford London Toastmasters Public speaking club. First and third Mon of month, 6-8pm, Stratford

Docklands Drop-In Group
Weds, 1-3pm, Beckton C.C.

Get Connected
Bring your own device. Weds, 2-3.30pm, Plaistow

Model Train Workshop
Mon, 12.30-3.30pm, North Woolwich

Basic English for Beginners Mon, Weds and Thurs, 10.30-11.30am, Green St

Acupressure (16+)
£5. Sat, 1-3pm, Plaistow

Poetry Group (16+)
Weds, 11am-1pm, Stratford. Email sonesquin@hotmail.com

Workplace Drop-Ins
For residents seeking employment. 31 August, 5.30-7.30pm, East Ham; 1 Sept, 2.30pm-4pm, Canning Town; 7 Sept, 2-4pm, Stratford

Creative Writing Course (16yrs+) Register at 020 8257 4680. Fee applies. Sun, 2-4pm, Stratford

International Lunch Club
£3 per meal. Mon, 12pm, Beckton C.C

Dominoes (13+)
Sat, 2.30-7pm, Beckton

Singing for the Brain
For people with dementia. 12.30-2.30pm, second and fourth Tues of month, Stratford

Safer Neighbourhood Drop-In Meet the police Safer Neighbourhood Team. Tues, 30 Aug, 11am-12.30pm, Custom House

Together We Can
For adults under 50 who have had a stroke. Fri, 2 Sept, 2-4pm, Plaistow

Memory Lane Café
For people with dementia and their carers. 1-3pm, first Fri of month, Stratford

Family Support Drop-In
Fri, 1-2.30pm, Stratford

IROKO Friendly Circle
African drumming and dance. Sun, 4 Sept, 2-4pm, Stratford

National Careers Service
Advice on careers and qualifications. Call 07415 241941. First and third Thurs of month, Stratford

Knitting Course (16yrs+)
Register at 020 8257 4680. Fee applies. Mon, 12-2pm, Stratford

Dressmaking Course Beginners (16yrs+)
Register at 020 8257 4680. Fee applies. Mon, 10am-12pm, Stratford

Reading Groups for Adults Thurs 1 Sept, 6.45-7.45pm, Plaistow

Embroidery Group
Create a community embroidered hanging. Thurs, 10.30am-12.30pm, Manor Park

Embroidery Couse (16yrs+) Register at 020 8257 4680. Fee applies. Tues, 1-3pm, Stratford

Hatha Yoga (18yrs+)
Bring your own mat. £3. Fri, 10.45am-12.15pm, Jack Cornwell C.C

Community Fun Day
With food and drinks, face painting and fun and games. Sat, 10 Sept, 12.30-6pm, Newham Leisure Centre, E13

COMMUNITY ACTIVITIES

Mums2be Meetup
Information and support for expectant parents. Third Sat of every month, 10-11am. Email newham@nct.org.uk

Mums, Bumps and Babies
Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Senior Volunteer Police Cadets (13-17 yrs) Weds, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881378

Newham Super Choir
Tues, 10.30-12pm, Beckton C.C, £3.50, 1st session free

ManorFam
Brings families together to make friends. Mon, 10.30-12.30pm, Manor Park

Grants Surgery
Guidance for Lets Get the Party Started and Go For It grants. Thurs, 8 Sept, 4-6pm, Manor Park; Mon, 5 Sept, 3.30-5pm, Green Street; Tues, 11am-12pm, The Gate

Singing for Health
Tues, 2pm. Starts 6 Sept, Jack Cornwell C. C

BOXING AND SELF DEFENCE

Boxing (Newham College)
Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Boxing and Self Defence (16+) Tues, 5-6pm, Jack Cornwell C.C

Street Self Defence
12 week course. Weds, 6.45-8pm, Altmore Infants School, Altmore Ave, E6 2BX. Call 07484 326853 for more details

West Ham Boys ABC
Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

Martial Arts
Learn new skills, gain self defence techniques, boost confidence. For adults, £3. Thurs, 6-7pm, Beckton Globe

Martial Arts (7-12yrs)
£2. Tues, 6.45-7.45pm, Thurs 4.45-5.45pm, Beckton

HEALTH AND FITNESS

Salsa Dancing (18yrs+)
Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

Tai Chi Class
Fri, 10-11am, Beckton C.C. Fri, 11am-12pm, The Gate. Fri, 5-6pm, Beckton Globe

Yoga
£5. Thurs, 6.30-7.30am, Grassroots; Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7:30pm, East Ham; Mon, Tues, 6-7.30pm, Green St; Thurs, 6.15-7.45pm, The Gate; £1. Sat, 10am-12pm, Plaistow

Tone-Tastic (18+yrs)
Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C

Aerobics
Tues, 9.30-10.30am, Jack Cornwell C.C £2

Keep Fit to Salsa (18+)
Sat, 2.30-4pm, The Gate

Walking Group
Meet at the library. Sat, 10am-11am, Plaistow

Park Life Walks
Guided walks to local parks. Mon, 10.30am, Green St; Tues, 11.30am-12.30pm, Beckton Globe

Zumba
UnityZumba. All 8-9pm. Mon, Lister Room, East Ham Town Hall; Tues, St Mark's C.C, Tollgate Rd, Beckton; Weds, Lister Room, East Ham Town Hall; Thurs, St Mark's C.C, Tollgate Rd, Beckton. All sessions £5. Book at 07886 884573 or at info@ufdance.co.uk

Zumba for Men
Weds, 6-7pm, Stratford

Buggy Fit
Park walk with your buggy. Tues, 11.30-12.30pm, The Gate

Tai Chi in the Park (18yrs+)
Mon, 11am-12pm, Forest Lane Park

Zumba
Free. Tues, 10.30-11.30am, Field C.C; Mon, 9.30-10.30am, £3, Fri, 9.30-10.30am, £2, Jack Cornwell C.C; Free. Fri, 12.30-1.30pm. The Hub; Thurs, 4.30-5.30pm, free, (13-19yrs), Plaistow

Yoga and Meditation
Weds, 10-11.30am, Stratford

50+ ACTIVITIES

Bingo (50+yrs)

Mon, 1-2pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN
Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C

Active Centre 50+ Group
Weds, 12-4pm, Field C.C; Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

Dominoes Group
Fri, 6-10pm, Field C.C

Chair Based Yoga
Tues, 12.30-1.30pm, Manor Park

Forever Young
Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

Happy Living Club
Indoor and outdoor activities. Tues, Weds, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club
Weds, 12.30-1.30pm, Manor Park

Walking Football
Email dgheerawo@westhamunited.co.uk or call 07803 201299. Tues, 10-11am, Priory Park

Steel Pan Music Therapy
For people with learning and physical disabilities, dementia and stroke. Fri, 11.30am-1.30pm, Beckton C.C

Get Active, Get Healthy, and Exercises for Fitness
Thurs, 11-12pm, Jack Cornwell C.C.

Line Dancing
Weds, 12.15-1.15pm, £2.50, Well Community Centre, East Ham

Get Active, Get Healthy – Walk to the Park Mon, 10.30-11.30am, Manor Park

Backsercise
Tues, 6-7pm, The Gate

Get Active Get Healthy, Zumba/Salsa For men and women. Thurs, 10-11am, until 29 Sept, Barking Road C.C

Get Active Get Healthy, Line Dancing and Folk Dance Suitable for all levels, open to men and women. Thurs, 11am-12pm, Barking Rd C.C until 29 Sept

Community Food Growing Project
Weds, 10am-12pm, East Ham

Community Cooking Project
Six-week course. £6. Weds, 11.45am-1.15pm, East Ham

Tea and Games Weds, 1-3pm, Jack Cornwell C.C.

Zumba & Indian Dance
Fri, 12-1pm, Jeyes C.C.

Chair Based Exercises
Numbers are limited. Weds, 10.45-11.45am, Community Rd Centre, Stratford

Pilates Class
Tues, 9.30-10.30am, Field C.C

Drop-In Embroidery Class
Mon, 11am-1pm, East Ham

Taste of Fitness
Thurs, 6-7:30pm, East Ham

GREEN

Green Gym Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973156

Green Volunteering Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club Fri, 11am-1pm, Bowling Green,Central Park, High St South, E6

Grow Together Be Together Community Gardening Club Weds, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden Volunteering Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384

Community Gardening Tues, 11.30am-2.30pm, St John's Green Community Garden

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)
A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394756

Gym & Basketball (14yrs+)
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Female Boxfit (14yrs+)
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Modern Arnis Martial Arts (16yrs+) Tues, 5-6pm. Call 07473 030250. Jack Cornwell C.C

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281529

Abs Blast (11-15yrs)
Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Fun Female Fitness (14yrs+) Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Netball (14yrs+)
Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

Female Only Zumba
Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292902; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16 2DE. £2.50

Dare2Dance (12-16yrs)
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)
Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

Swim for Families Dealing with Autism
Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Family Swims
Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

Get Fit for Free
Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

RUNNING

Beckton Park Run
Sat, 9am, Beckton Park South, E16. Call 07718 394756 www.parkrun.org/beckton

Run England
£2 unless stated. Sun, 10am-12pm, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds,

12-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394874.

East End Road Runners
Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261647.

SPORTS

Cricket (14yrs+)
Tues, 6-8pm, Newham Sixth Form College, E13. Call 07476 269226

Lister Table Tennis Satellite Club (11-25yrs)
Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call 07888 830179

Indoor Cricket (8-16yrs)
Weds, 6-8pm, £2, Lister Community School, E13, email: michelle.daniel@activeNewham.org.uk

Black Arrows Badminton Club
Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

Newham and Essex Beagles Athletics Club
Mon and Weds, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Weds, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)
Sun, 10am-12pm, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333615

Adult Tennis (16+)
Sat: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293513

Table Tennis (14yrs)
Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Volleyball with Newham College (14yrs+) Thurs, 5.30-7pm, East Ham Leisure Centre, email: sports@newham.ac.uk

FOOTBALL

AIR Football (16yrs+)
Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics
Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports
Mon, 4-5.30pm, Newham Leisure Centre, E13.
Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

Ascension Football
Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584925

BASKETBALL

Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League
Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16.
Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5-7pm, East Ham Leisure Centre. To register email: sports@newham.ac.uk or call 020 8257 4255

Senior Programme
Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401616

Basketball (14yrs+)
Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.
Mon 5 Sept, 7pm, Local Development Committee (Old Town Hall, Stratford); ***Thurs 8 Sept, 5pm,*** Cabinet, followed by Mayoral Proceedings

CONTACT THE MAYOR

Here to Help sessions
Please register 30 minutes before session starts.
Thurs, 1 Sept, 11am, Old Town Hall, Stratford, E15;
Thursday 8 September, 11am, Canning Town Library, E16

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS
Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 6-8 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies 020 3373 6881
Community Outreach 020 337 30813
Church of God 37 Manor Park Road, E12, 020 8911 9494
The International Quarter Marketing Suite Celebration Avenue, E20 1DB

LEISURE & SPORTS VENUES
Atherton Leisure Centre 189 Romford Rd, E15
Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16

COMMUNITY CENTRES (C.C)
Beckton Community Centre 14 Manor Wy, E6, 020 7511 1214
East Ham Market Hall Myrtle Rd, E6 1HY, 01708 740 092
Field Community Centre 147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park, Memorial Ave, E15, 020 3373 0650
The Hub 123 Star Ln, E16 020 3373 0750
Jack Cornwell Community Centre Jack Cornwell St, E12 020 8553 3459
Jeyes Community Centre 1 James Cl, E13, 020 3373 2205
Katherine Rd Community Centre 254 Katherine Rd, E7, 020 8548 9825
St Mark's Community Centre 218 Tollgate Rd, E6, 020 7474 1687
Vicarage Ln Community Centre Govier Cl, E15, 020 8519 0235
Harold Rd Centre 170 Harold Road, E13 0SE, 020 8472 2805
Queens Market Green St,E13
Rabbits Rd Institute 835 Romford Rd, London E12 5JY
Royal Docks Learning Activity Centre Albert Rd, North Woolwich, E16 2JB
St John's Green Community Garden Albert Rd, North Woolwich E16 2JB

All listings may be subject to change. Please contact individual events and activities before attending.

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